



THE BOTTOM LINE.....

More than 66% of American's are overweight or obese. The good news is that more people are exercising. The bad news is that obesity rates are not decreasing. Exercise is essential for long-term weight management and health, however if you want to lose weight you must restrict caloric intake by 100-300 cal per day and make healthier food choices. (Reuters, Jan 1010)

Pilates helps stabilize the low back

Spinal stabilization is a key to preventing back pain in most people. Some Pilates exercises build strength and muscle endurance in muscles supporting the lower spine. Including these Pilates moves into your work out could help prevent back pain. (physical med. Rehab. 91:86-92, 2010)

Diets high in simple sugars increase heart attack risk

Women who eat high glycemic index foods like white bread and ice cream that increase blood sugar rapidly, have an increased risk of heart attack. A recent study showed a 25% increase in the risk of heart disease compared to women who ate the least simple sugars. High sugar diets increase blood glucose (sugar) and triglycerides (blood fat) both of which promote heart disease at high levels. To reduce risk, restrict carb intake to mainly whole grains, fruits, and veggies (Reuters, April 2010)

Protein important for bone health

You are taking your calcium supplements...great! But if you don't eat enough protein along with your calcium supplements you may not be absorbing it! Supplementing with at least 1,000 mg of calcium per day AND eating adequate daily protein (0.7 to 1 grams per pound of bodyweight) will increase calcium absorption and increase bone density. On the other hand, a very high protein diet will slow calcium absorption if you supplement with 500 mg of calcium or less. You must take at least 1000 mg calcium a day. (European Journal Clinical Nutrition, 84:441-446, 2010)